

# Hungry All The Time?

Many people overeat because they feel hungry so often.



Here are some tips on managing your hunger:

- Real hunger comes on slowly, not all of a sudden. Pay attention to your body and learn your signs of true hunger.
- A sudden craving to eat is often psychological. You can deal with it by distracting yourself. Find something else to do or think about besides eating. Take a short walk or talk with a friend.
- Cravings often don't last that long. Try to wait out a craving.
- If the craving doesn't go away, have just a little bit and savor it. For example: Let a Hershey's Kiss melt in your mouth rather than eating a whole candy bar.
- Spread out your food over the day by eating 5-6 small healthy, balanced meals or snacks. You may be less likely to overeat at the next meal.
- Eat filling, high fiber foods such as vegetables, high fiber cereals, whole grain breads, and fruit.
- Eat s-l-o-w-l-y. Actually taste what you eat.



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